

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

February 2014

Meat Sauce Mix Easy, Cheesy Pasta Sloppy Joes Spaghetti Chili

Meat Sauce Mix

4 pounds lean ground beef or turkey
1 medium onion, minced
1 can (6 ounces) tomato paste plus 6-ounce can of water, or 1 can (10.75 ounces) tomato soup
2 cans (15 ounces each) tomato sauce
1 teaspoon garlic powder
1 teaspoon salt

1. In a skillet or frying pan, brown meat; drain and rinse excess fat.
2. Add all other ingredients. Simmer 20 to 30 minutes. (Add additional water or tomato juice to thin if necessary.)
3. Immediately place 2-cup portions in zip-top plastic freezer bags and freeze.

Nutrition Note: This recipe makes 8 cups. Each cup has 450 calories, 23 grams of fat and 11 grams of carbohydrates.



Kid-friendly Veggies and Fruits

Potato Person: Decorate half a baked potato. Use sliced cherry tomatoes, peas and low fat cheese on the potato to make a funny face.

Easy, Cheesy Pasta

2 cups Meat Sauce Mix, thawed
2 cans (16 ounces each) chili beans or pinto beans mixed with 2 teaspoons chili powder
4 cups cooked, drained macaroni
1 cup shredded, reduced fat mozzarella cheese

1. In a large saucepan or pot, mix together meat sauce, beans and cooked macaroni.
2. Add ½ cup cheese and heat over medium heat until bubbling. (Add 1 tablespoon water if mixture is dry.)
3. Top remaining ½ cup cheese over pasta before serving.

Nutrition Note: This recipe makes 8 servings. Each serving has 390 calories, 11 grams of fat and 43 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“I chose to breastfeed my baby because of the bonding experience, and it’s the best for him.”

~ Carlette, WIC Breastfeeding Mom from Dunseith, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

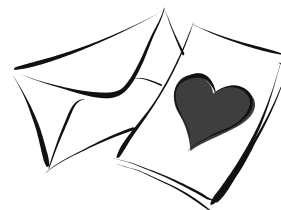


Sloppy Joes

2 cups Meat Sauce Mix, thawed
1 tablespoon vinegar
1 tablespoon brown sugar
¼ cup ketchup
6 whole wheat buns

1. In a microwave-safe bowl, mix all ingredients together. Heat in the microwave for 5 minutes. Ingredients can also be mixed in a saucepan and heated on the stove until hot.
2. Serve on whole wheat buns.

Nutrition Note: This recipe makes 6 servings. Each serving has 340 calories, 12 grams of fat and 32 grams of carbohydrates.



Spaghetti

2 cups Meat Sauce Mix, thawed
1½ teaspoons Italian seasoning or 1 package spaghetti sauce seasoning
8 ounces pasta, cooked
Parmesan cheese, optional

1. In a microwave-safe bowl, mix meat sauce and seasoning together. Heat in the microwave for 5 minutes. Ingredients can also be mixed in a saucepan and heated on the stove until hot.
2. Serve over pasta. Top with parmesan cheese if desired.

Nutrition Note: This recipe makes 6 servings. Each serving has 340 calories, 11 grams of fat and 33 grams of carbohydrates.

Chili

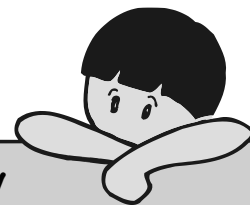
2 cups Meat Sauce Mix, thawed
2 teaspoons chili powder
2 cans (15 – 16 ounces each) kidney beans, drained and rinsed

1. In a microwave-safe bowl, mix all ingredients together. Heat in the microwave for 5 minutes. Ingredients can also be mixed in a saucepan and heated on the stove until hot.

Nutrition Note: This recipe makes 6 servings. Each serving has 320 calories, 11 grams of fat and 28 grams of carbohydrates.

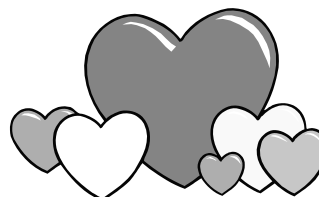
Recipe Source for All Recipes: Utah State University
Cooperative Extension, Freezer Meal Planning,
[http://extension.usu.edu/files/publications/publication/
FN_FoodPreservation_2009-01pr.pdf](http://extension.usu.edu/files/publications/publication/FN_FoodPreservation_2009-01pr.pdf)

Turn Off the TV



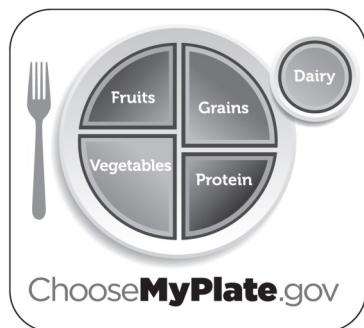
Indoor snowball fight: Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.

Source: www.headstartbodystart.org



The *Pick-WIC Paper* is developed for the
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for Women, Infants and Children
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GROWING HAPPY FAMILIES



Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week, and you won't have to spend money on take-out meals.